



Chichester HERALD

Friday 30th July 2015

YOUR FREE WEEKLY NEWSPAPER

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Chichester District Council

Chichester District Council

Chichester District Council



*I didn't want to be
rude, so I and*
TOMMY BOYD

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*Win 2 tickets to see
The World's Bad*
COMPETITION

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Childhood memories
**HEALTH &
BEAUTY**

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Medal and a Ring

>> The sun shines on Chichester's Triathletes

By **Steve Hall**
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

OTHER competitors took part in the British
May Triathlon Series, which is run by Chichester District Council.
Local triathlete, Mary Campbell, won the
women's title for the second year running, with
Chris Birch, taking the men's title.

Each winter – and even winter specialists
– has been organised by Chichester District
Council, in order to help competitors to build
and to help them to learn at the start of the
year.

Recent winners of competitors took part
– including an increase in the number of *Junior*
athletes, competitors and two athletes.

There was a surprise prize for the
one competitor who won the Gold Medal,
as her boyfriend, Chris Miller, of Selsey,

got down on one knee. The winner was "you"
from Chichester, who was followed by others and
was followed by others and slipping from the
winning crowd.

One of Chichester District Council's own
teams took fourth place in the team category.
It was the first time that Harvey Mansfield,
Phil Morgan, Louise Milner, and
Anoush, and Richard Milner, Deputy
Mayor of Chichester District Council had
completed together.

Chris Edens, Council Member for
Lewes, Milling and Community Services
passed Chris Miller, Chairman of Chichester
District Council, in presenting the medals.

"It was a fantastic medal, with beautiful
weather and a record number of competitors
taking part," says Chris Edens, Council
Member for Lewes, Milling and Community
Services.

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Mary Campbell won the women's title.

MORE HEADLINES >>

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ON LOCAL PLAN Page 10

WATER SERVICES YOUNG PEOPLE
BEHIND GOLF WITH DANCE Page 16



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Local News



Left: A group of people at the Triathlon Festival. Middle: A woman running. Right: A man riding a bicycle. All three photos are by Chris Brown.

Customised Encourage
The highlight about the Triathlon Festival is that it attracts people with a variety of abilities, from someone who has never taken part in a triathlon before, right through to elite triathletes who represent our country. It's also brilliant to see so many young people

taking an interest, with record numbers of participants in the junior events.
It always fun to thank all of the volunteers who supported the event. Without their help this sort of event simply wouldn't happen.
Chichester Triathlon Festival is now looking forward to a summer of sport.

Football and rugby is the community courses will be taking place across the district.
Marathon courses will also have a number of routes to keep the children busy, and the council will be holding its popular free Get Active Festival on Friday 9 September.

between 10am and 4pm.
For those planning further ahead, the council is also organising the Chichester Half Marathon on Sunday 23 October.
A full list of the triathlon results can be found at www.chichester.gov.uk/sports.
chiherald@cc.gov.uk

Sun could claim 80 licences

DRINKERS are being warned not to take a gamble with their licence by going for a drink in the sun.

From the beginning of July police have stopped 16 people in Sussex suspected of drink or drug driving during the warm weather.

What the transport officers have been told, only four of those stopped have been found to be the cause trouble at the scene.

The long list group stopped every people in their car, of which, no more pulled over.

Overall the majority of those stopped were men, with just 13 of the 16 being women.

Chief Inspector Phil Hildesley, the head of the force's road policing unit, said: "These figures show that it is not only police drivers that pose a danger on the roads."

Similarly it is not just men that get behind the wheel while over the limit.

Officers are out on the streets of Sussex looking for offenders around the clock and will not hesitate to pull over someone who they believe could harm lives drinking.

"Anyone who decides to go out in their car in the good weather and stops at a pub should ask themselves if it is worth them losing their licence over a drink on the way."

This year's annual summer drink drive campaign through June saw 1000 breath tests carried out with 10 people arrested after either failing the test or being arrested for being impaired through drink or drugs.

If you suspect someone is drink or drug driving in Sussex you can report it by texting 0999.

Reports should contain the vehicle's make, model, colour and number plate with any information on whether the car is on the road or if the driver is expected to be on the road.

You can also report suspected drink drivers by calling 101, or 999 if you have a motorist in drink-driving at the time you make the call.

Let us know what you think
@chiherald

Anorak Corner
Did you know? A taste of Chichester facts and figures...
A railway served the village at Longhush station between 1880 and 1957. The station complex is now in use as a private living place.

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CCTV images released following Bognor assault



POICES have released CCTV images of a man, they would like to speak to in connection with an assault on a 19-year-old local man in Bognor on Wednesday in June.

The victim was attacked in Marine Park Gardens, Bognor Regis, as he was walking home from an evening out at around 10pm.

Detective Constable Dave Spent from West Sussex CID said: "This is a particularly concerning attack, as it would appear that it was totally unprovoked and has left the victim requiring surgery for serious head

injuries.

"We need to find who is responsible for this violent assault and have released CCTV images to the hope we can speak to the man in the images in order to eliminate him from our enquiries.

"If you recognise the man in the images or have any information that could help officers with their enquiries then please call 101 quoting serial 776 of 19/6 or leave an anonymous message into the independent charity Crimestoppers anonymous 24hr 0800 555 111."

Teenage girl from Bognor in induced coma after taking ecstasy pill

A 17-YEAR-OLD girl from Bognor was taken to St Richard's Hospital in a critical condition after taking a pill similar to MDMA, an ecstasy pill.

Friends called for an ambulance just before 10pm on 10 July when the girl had a violent seizure lasting 15 minutes before she was placed in an induced coma while she

recovers.

Detective Sergeant Dave Spent said: "The cause of the drug was not clear but I want to warn people to be cautious of what they take. This girl's life had turned into hell and she was extremely ill when her friends called for help. A 19-year-old local man from Bognor Regis has been arrested on suspicion of supply."

Three men sentenced for stealing bait items

THREE men have been sentenced to death and handling stolen goods as a result of police placing a bait to catch criminals.

Simon Gail, 39, of 100 Great Street, Gloucester, was sentenced to death on 13 June for a month community order and 100 hours of unpaid work.

James Goss, 29, of 100 Great Street, Gloucester, was sentenced to death and handling stolen goods as a result of police placing a bait to catch criminals. He was sentenced to death on 13 June for a month community order and 100 hours of unpaid work.

George Jones, 30, of 100 Great Street, Gloucester, was sentenced to death on 13 June for a month community order and 100 hours of unpaid work.

placed by police to catch criminals of handling stolen goods and those caught of theft.

He was charged with handling stolen goods by selling stolen items at car boot sales across Sussex from April 2011 to August 2012 and theft between March 2011 and May 2012 from Sussex House, Bognor Regis and Haverhill.

Detective Paul Kille said: "The successful conviction of these three men made us a strong message to the local community, if you take it, it could be yours and we will catch you and bring you to justice." "I would encourage members of the public to please report any suspicious activity and you have information regarding criminal activity a year ago or you are offered stolen goods please call us on 101 or the independent charity Crimestoppers anonymously on 0800 555 111."



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Police search for absconder from Ford Prison



POLICE are searching for 41-year-old Derek Patterson, who absconded from Ford Prison on Saturday 20 June and has not been seen since.

Patterson, who is described as 5'7", of stocky build, with brown hair and hazel eyes, also had a goatee beard when last seen. He left prison to go on a Raftplacement Day Follow-up but morning, and did not return at 3.30pm in the evening.

He was serving a sentence of life imprisonment for the murder of a man in a flat in Hampton, Middlesex, in October 1991.

Detection Chief Sergeant David Winstley, Wiltshire of Dorset Police said, Patterson is not currently wanted as a direct physical threat to the public, but as a result of his previous crimes, but in view of the seriousness of his

offences, and the fact that neither there has been any sighting of him, nor any public assistance in reporting any information that may help us to find him.

"He has had extensive movements in South West London including Twickenham, Sutton and Kingston upon Thames, and elsewhere in the South East, although he has no specific associations with Sussex."

"The Metropolitan Police in particular are making every attempt to find him."

Anyone who saw Patterson, or who knows where he may be, is asked not to approach him but to contact the quoting Dorset Police Serial 1056 of 1056. You can also call independent charity Crimestoppers anonymously on 0800 555 111.

Sandbank rescue trio taken to hospital



THREE men were taken to hospital after they became trapped on a sandbank and overwhelmed by the incoming tide in West Wairing on Sunday.

Coastguards and the coast guard arrived back to the beach but got into difficulties and had to be rescued by lifeguards.

Two of the men had to be rescued and were taken by helicopter to the Queen Alexandra Hospital in Portsmouth.

The other man was taken by ambulance to St Richard's hospital in Chichester. Matt Hart, of the Solent Maritime

Rescue Coordination Centre, said: "If you are heading out for a swim, check the tide, read the weather and remember that even though the sea may look calm on the surface, there is the danger of strong currents underneath. Always check tide times as well as the sea and avoid being cut off by the incoming tide."

"If you are someone in difficulty, you should call immediately and tell us the Coastguard."

The men are believed to have walked to the sandbank at low tide with a larger group of people.

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Council listens to feedback on Local Plan



COUNSELLORS at Chichester District Council have listened to residents for taking part in their consultation on the Local Plan, and now want to hear people's views on the changes they have made.

Councillors attending the Full Council meeting on Tuesday 23 July overwhelmingly supported the changes proposed, following feedback from residents.

"We want to thank everyone who took part in our consultation on the Local Plan," says Cllr Heather Coad, Leader of Chichester District Council.

"We have taken time to consider the feedback received, and adopted the plan accordingly. We now want to give residents a further chance to provide their views on the main elements of policy that have changed."

Further consultation will now take place between Friday 30 July and Monday 31

September (starting at 10am). Additional time has been given because the consultation falls during the summer holidays. Local people can get involved by visiting www.chichester.gov.uk/localplan, placing their comments on Chichester Council's homepage, emailing Wish@chichester.gov.uk or calling 01243 834374.

The main changes include:

Rebalancing the number of homes built across the five year period.

The overall housing numbers will not change – they will just be spread evenly over the years that the plan covers. The community's view that new housing is supported by infrastructure. Supporting development will help to help to achieve this.

Placing additional emphasis on the way in which we protect important habitats in the district, including Pagham Harbour.

Along with local organisations, the council recognises the importance of protecting these areas for both environmental and recreation reasons. Current policies develop over time, but in response to feedback, the council has now created a specific policy on Areas of Outstanding Natural Beauty.

Changes to metropolitan boundaries. There have been a number of changes that affect the concerns of residents, including new landscaping, and protecting natural areas of water, as well as footpaths. The council will meet to bring interested parties together in each of the three key locations and discuss how the changes can meet local aspirations.

To assist the number of pitches required for gipsies and travellers over the period of the plan.

Although the council has consulted on the needs of gipsies and travellers, they were waiting on further research to confirm the number of pitches needed locally. At present, it does not indicate the need for a solution for the travelling community that have been away waiting this time in recent years. This research to further work which will be completed in September.

Further comments have been received on the Chichester City Council. Councillors need the opportunity to consider this further and are planning to debate this at Full Council in September.

The Local Plan will shape how the district

develops. Despite these areas that fall within the South Downs National Park over the next 15 years. The South Downs National Park Authority will create its own Local Plan for the rest of the district that follows its boundaries.

"Prophets think that the Local Plan is just about housing – but it's not. It's about protecting the character and beauty of the district, providing jobs and housing opportunities for our children, our residents to live and work locally, supporting and helping to boost the local economy, and making sure that we have adequate services, local options and community facilities," says Heather.

"This is our chance to consider what our district has a long history, with a strong economy, and a thriving working age population. There is not the option to opt out. Whilst the Local Plan we will have developed through this year, and we won't be able to change it, or its location. With a plan review coming up, and how we can improve. Without a plan we will also not be able to know what kind of support facilities for our communities."

"We certainly welcome the views of local residents and would like to encourage them to get involved in this process. We realise that people may have different views, but we will reach everything up before producing a plan that takes account of all of the issues later in the year."

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West Sussex young people strike Gold with Duke of Edinburgh's Award

Over 100 of young people from across West Sussex have celebrated achieving a Gold Duke of Edinburgh's Award at a special ceremony.

The Duke of Edinburgh's Award, which is run on this coast by West Sussex County Council's Youth Support and Development Service, is aimed at young people between the ages of 14 and 24 years.

The annual Gold Award ceremony was held at North Albury with certificates and badges presented by Simon Payer, Lord Lieutenant of West Sussex.

Hundreds of the young people who had achieved an award this year and their families came together to celebrate their truly remarkable achievements.

One person who received their award spoke about the life-changing experience that the Gold Duke of Edinburgh's Award has provided for them.

A 19 year old Epsom student from Chichester described how she had overcome her shyness to become her Gold Duke of Edinburgh and the award will be a personal goal of achieving her Gold Award.

Others have gone there to support local charities, youth groups and other younger Duke of Edinburgh's Award participants as part of their Volunteering Section.

The Physical Section had seen young people



Young people celebrating their Gold Duke of Edinburgh's Award at North Albury.

participate in activities such as outdoor and team sports whilst the Skills Section has seen young people develop their musical talents, art skills and many other activities.

Alderman of the award ceremony was the High Sheriff of West Sussex, Patrick Barrymore, the Chairman of the County Council Awards Group and the Cabinet Member

for Children – Stuart de Silva, Peter Evans and County Councillors Margaret Handford and Brenda Smith.

Peter Evans said: "This was an inspiring event with some truly remarkable young people."

"These are a worthwhile achievement and can be a really impressive addition to a CV

as the award is recognised by employers and universities."

"It gives young people a great opportunity to learn some new skills and learn this at the same time."

If you would like to learn more about The Duke of Edinburgh's Award please visit www.dofe.org or e-mail info@westsussex.dofe.org



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• Wednesday's Children will be getting fit

and having fun with team games, ball hoop games, parachute games and dance games 9.15-10.15am while mums can Zumba 9.30-10.15am and then the stomachs in FitJoy's Fat-blast class 10.15-10.45am. All at the Fiddleshoe Centre.

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Chichester firm opens first retail store



Daisy Teddy and My Blue Friends™ bears, all made against racism. In this case, the pinky.

THEY'RE A LITTLE MORE outgoing on show for Southampton shoppers than Saturday. A little more grey teddy bear and less My Blue Friends will be welcoming shoppers to a brand new store in the city's Marlands

Centre. The shop will sell toys, gifts and greeting cards created by award-winning Chichester Fine Arts & Illustration Group. It's called its cute characters such as

Tatty Teddy and My Blue Friends. Curio Blanche Group is currently celebrating its years in the gift and greeting industry. The company's products are sold worldwide on leading high street stores and supermarkets, but this is the first time Curio Blanche has opened its own retail outlet.

The build new retail enterprise allows Curio Blanche the opportunity to showcase its diverse portfolio of brands in one specialist venue. Shoppers are promised a fun and engaging experience every time they set foot in the store.

Tatty Teddy – the cute signature character of the Mica Yoo brand – has millions of fans all over the world, and is sure to be the star of the shop. Fans will have the chance to recognise the very latest Tatty Teddy teddy changes, based on the softest and most beguiling yet.

On Saturday July 26th, Tatty Teddy and My Blue Friends will make special appearances throughout the day to welcome visitors to the mall in Glenside Park Street. The first merchandise shop opened in 2011 and will have a goody bag, including some beautiful blue ones given to Lancelotti and managed by retail expert Terry Harvey, the store is on the ground

floor of The Marlands Shopping Centre, close to the Dazzle Store. It will open seven days a week, staffed by a team of retail professionals.

Alister Harcourt, Curio Blanche CEO, comments: "Curio Blanche is expert in developing character brands and merchandise, but products. However, having our own store will allow us to build up a relationship with our brands and products."

"We chose Southampton because it is such a vibrant retail centre, and The Marlands is a busy, family-friendly place. We had fantastic support from local people. Our staff for retail assistance in the new store started more than 200 applications."

Stephen Francis, Curio Blanche Founder and Chairman, adds: "Our brands are about sharing excitement and having fun, and we need to do that in our own retail store. Whether you're coming to buy a last minute present and/or to meet Tatty Teddy or some of our talented artists it's one of our family fun days, you're guaranteed an experience to remember."

Follow the developments of this exciting new retail venture on Twitter @CurioBlancheGroup and on the




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Fewer companies forming in Chichester

THERE HAS BEEN a drop in the number of company formations in Chichester during the first quarter of the year, according to figures in the latest *Report Business Confidence Report*.

A new report from *Report Business Confidence* reveals the first quarter of the year saw a drop in company formations in Chichester.

Between January and March, there were 53 new companies formed in the area, compared to 60 during the same period in 2011. This represents a 12% drop in company formations for Chichester, compared to a 1% rise in the UK as a whole.

The *Report Business Confidence Report* for Chichester goes on to state that the local economy, providing data on a variety of economic indicators, including net company growth and UK company figures. More information can be found at <http://www.report.co.uk/chichester>.

Report Business Confidence Reports are produced and released by *Report Associates Ltd*. The data contained in these reports is monitored and analysed by *Report* using public sector data from sources including Companies House, Office for National Statistics and Ordnance Survey. *Report Associates Ltd* is a leading UK company formation agent, established in 1993 and registered, annual income over companies sold year through its Companies House approved software.

However, it better news for the town, there was a sharp rise in the number of young director appointments, with 14% of new directors under the age of 25, compared to just 9% in Q1 of 2011.

Managing Director of *Report Associates Ltd*, Peter Valters said: "The drop in company formations and net new company closures in Chichester reflects the fact that, although the economy is out of recession, trading conditions remain unstable for many businesses."

"However, the rise in young director



appointments could help to take the local economy with fresh perspectives and new ideas."

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Aldingbourne Trust on film - leading the way with UK first

THE ALDINGBOURNE TRUST has become the first charity in the country to release its annual social accounts on film as a DVD. The Trust, which supports adults with learning disabilities to live independent lives, release its latest people and organisations to give their time, knowledge and resources. Social accounts help ensure organisations with charities to understand the impact that has been made, and using film was an innovative and contemporary way of telling the story to more people.

Organisational Development Manager, Martin Goring, said: "The accounts took a while to film and edit because we have so many activities to film about. Because they were based on the support we provide for our tenants, clients, students and volunteers through, the stories were all really strong and positive. I have found incredibly that some people have been quite emotional watching it. The challenge this year was to make the most recent even more significant."

Mayor of the area said: "The social accounts are available to watch on the Aldingbourne Trust's YouTube channel. The public can watch interviews with



Aldingbourne Trust and see what happens in their lives on a day-to-day basis. There is also an opportunity to see what happens at the Trust's day centres such as The Acorn and residential homes such as Milton Lodge. The Account also explores the needs of the single year within the Trust such as Support Workers who provide a valuable service supporting Aldingbourne Trust to live independently.

The national rollout of the social accounts was the Social Audit Network Ltd (SAND) they said: "SAND would like to congratulate Aldingbourne Trust on the completion of its latest set of social accounts and in looking forward to enable everyone at Aldingbourne to be in a more reporting on its social impact."



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Arts & Entertainment

The World's End (15)

Running time: 105 minutes

Director: Edgar Wright

Starring: Simon Pegg, Nick Frost, Martin Freeman, Eddie Marsan, Paddy Considine, Rosamund Pike, Aaron Johnson, David Bradley, Michael Sheen, Reece Shearsmith, Thomas Law, Bill Nighy

Sharply directed and expertly acted, this is a hugely entertaining and frequently hilarious sci-fi comedy that stands as a worthy addition to *Shaun of the Dead* and *Hot Fuzz* in the so-called Cornetto Trilogy.

What's it all about?

Co-written and directed by Edgar Wright and starring co-writer Simon Pegg and Nick Frost, *The World's End* is the third entry in the so-called Cornetto Trilogy after *Shaun of the Dead* and *Hot Fuzz*. Pegg stars as former rugby star morose Gary King, who's become obsessed with an epic pub crawl he failed to complete with his last friends Andy, Colin, Pete and Steve (Nick Frost, Martin Freeman, Eddie Marsan and Paddy Considine) on their last night of *Horizon* News, twenty years ago.



After counting the four friends (all of whom, unlike Gary, have grown up and now have families and responsible jobs), Gary persuades them all to join him in renewing their epic on pub, to complete pub-crawl as *Horizon* News. However, after a few pints, they discover that the townspeople are all behaving rather strangely and across their evening take a decidedly bizarre turn and the five friends end up fighting for their lives.

The Good

Pegg is excellent, testing the limits of his already likable screen persona by playing

Gary as a significantly more disconcerting character than we're used to seeing from him. Frost is equally good as Andy (his sporadic chemistry with Pegg is a great) and there's terrific support from Marsan (captured), Freeman and Considine, while Rosamund Pike more than holds her own as Colin's sister Kate, who evolves from powerful, long-though-dominant crone to both Gary and Steve.

The lengthy set-up (including a flashback to the men as teenagers) means that the film takes a while to get going, but once the pub crawl begins, it's right as lefty things moving at an exciting pace.

throughout, meaning that you're never more than a few seconds away from a witty line or an inspired visual gag. In particular, the (notably wincey) Nick Frost fight sequences are delightfully directed, often unfolding in a single take with no cuts (but cut out for a superb sequence where Gary tries to fight without spilling his pint).

The Good

Wright and Pegg's witty script is packed with quotable lines and it frequently leaps out loud theory, but it's also spot-on and surprisingly moving in its depiction of male friendship and nostalgia for anyone who has experienced the shared experience of British social clubs (there's a great gag involving chess prizes) as well as commenting on both the appeal and the inherent danger of nostalgia. That said, there's also a fantastic, nostalgic heavy soundtrack (especially a medley of songs released between 1968 and 1999).

Verdict

Four out of five stars *The World's End* is a hugely entertaining Sci-Fi comedy with a laugh-out-loud heavy script and terrific movie performance from a superb cast. Highly recommended.

Sky Diary August 2013

By Peter L...

Marsian down to earth... home to the first of August... to see the first of the month... to see the first of the month...

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Q NAME THE TV SHOW THAT UNITED SIMON PEGG & NICK FROST?

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C. GREEN WING



Send your answer and include your full name, address and a contact phone number to competitions@chichestercineworld.co.uk. One lucky winner will be selected at random. Closing time is Tuesday 30th July 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Gerdie Burman from Chichester.

Competition ends 30th July 2013 at midday.



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Get ready to Rox!

IT'S TIME to get ready for the third Rox Music & Arts Festival – the biggest FREE event of its type in the south! Once again, the Royal Wexford Hotel provides the perfect backdrop to the arena stage and the arena, road closures and beach give everyone the chance to soak up the atmosphere and see some of the great acts that have been lined up.

As in other years, a platform to perform at has attracted all expectations and the organisers wish they could have the time and space to allow more of them to show what they can do. Even the addition of extra stages can't satisfy the demand from bands to play and Rox and would be very sorry for the attention didn't make it this time around. The quality of a number of bands and artists underlines the belief that our corner of south west Dorset has some great talent just waiting to get out there and play to a bigger audience.

The Arena stage will showcase newly gritty acts over the two days with an incredible live music range for all musical tastes. And, here and there the buzzing atmosphere of the Glastonbury which grows in popularity every year with both the performers and the audience alike.

The General Tapp stage provides a full programme of top quality music on Sunday afternoon so if you love General Tapp then



make sure you check out what's going on inside The Wexford Hotel.

There's also the 'Sun Fridge' appear in the Hotel and the Secret Garden which hosts a number of musicians by and craft stalls as well as the very popular Garden Stage which caters for lovers of folk music based acts.

The Rox bar has some great drinks from around the region adding to the overall festival fun!

Jack Rabbit Slim and the Q&A are also joining in with the best when it will be providing a full programme of live music and pumping sounds to keep you, make

sure you check out the live acts on the Rox website. Once on the Fox will consist of two all-day events in different parts of the same venue featuring Northern Soul, Jazz, House and the sounds of Motown. Some East acts (JPs) will be performing on Sunday with headed by the legendary Dr Bob Jones

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Thirsty Work - plumbers are the biggest tea drinkers



PLUMBERS drink more tea than any other profession, a study has revealed - researchers found plumbers drink an average of almost six cups of tea while on the job each week - around 3-4 each day.

One in five plumbers even need to drink tea to concentrate and work better if they have a cup of tea while working, while half struggle to get going on a job until they have had a cup of hot black drink.

Follow full-employment workers and small business like builders, electricians and housecarers are also among the biggest tea fans.

But shop assistants struggle to get to the same level of tea drinking while at work -

sipping just eight a week or just over one a day.

Shirley Lobo, 49, marketing at business card specialist Veluppi of south Wales says many workers and those who run a small business, drinking several cups of tea goes a long way to getting them through their working day - and it seems plumbers enjoy it more than most.

The reason is obvious small businesses three or four of a more than professionals like shop assistants who have less flexibility to sit on a cuppa when they choose.

Of two Kwik Save small business and small business make up £2,300 billion of the economy, I'd say there is an impressive return for the humble brew.

Perhaps we'll all think twice next time we ask our plumbers if they want a cuppa.

The study, of 2,000 workers found that factory workers are second in the league of tea drinkers, sipping just over 15 a week or more than three a day.

Builder also drank around average while working each week, with almost 50% saying a cuppa actually helps them to concentrate better on the job at hand.

And more than three-quarters even said making a cup of tea is one of the first things they do each morning.

Baker tops come fourth with a daily total of

15 cups of tea, while restaurant assistants completed the top five with an average of 15 cups of tea each week.

Other trades and professions included at the list include electricians, painters or decorators and housecarers.

60% of tea loving housecarers even said regular cups of tea help them to get through their day, while 50% of painters and decorators said the same.

Home and factory are also the top two.

At the other end of the scale, those in retail drank just eight cups of tea a day, while accountants and PA's surprisingly drank just one cup - despite working at a desk most of the day.

Doctors, teachers and scientists are also among the professions who struggle to drink so during their working day.

Researchers also found that the average worker will drink an average of two cups of tea every day, with more than three quarters admitting the hot drink helps them get through their day.

Almost across the working day, shop assistants on the morning shift ahead of them if they have a tea break a cup of tea, while around two thirds think it actually helps them to work better.

Four in ten even claimed they can't do their job properly or at all, without their

first cup of tea.

But one in five say the two main responsibilities cause them to forget their tea break - to make sure their work - with a quarter saying they have at least one tea-related responsibility a week.

Top ten tea drinking professions (cups per week)

1. Plumber 18
2. Factory worker 17
3. Builder 17
4. Sales person 16
5. Restaurant assistant 15
6. Electrician 15
7. Painter/Decorator 14
8. Housecarer 14
9. Baker 13
10. Doctor 13

Top ten professions which drink the least amount of tea (cups per week)

1. Shop assistant 8
2. PA/Secretary 9
3. Doctor 10
4. Teacher 10
5. Lawyer/Solicitor 11
6. HR worker 11
7. Factory worker 12
8. IT/Computer programmer 12
9. Cleaner 12
10. Customer services 12

When you can't stand the heat...get into the freezer aisle

WE'VE wasted all year for the British summer time - but for some it's already become too late for.

Now here are seeking the big chill in the country's big supermarkets, as previously the hottest July since 1994.

Marketers have noticed that shoppers are heading a cabinet from the morning temperature outside by seeking refuge in the frozen aisle.

Customers' desire to keep so cool has helped explain the supermarket's highest frozen food sales in record as a record-breaking week*, with total frozen food sales up 30%.

Markus Pinner, Food Trading Manager, M&S says:

The frozen aisle has suddenly become one of the most popular places to chill out as shoppers try and cool down to the heat of sweltering temperatures outside.

Some of the appeal is clearly down to the natural demands for ice cream and frozen food which stays fresher than fresh meat sitting 30-degrees, our frozen aisle have



also become a popular place for shoppers to keep their cool.

Some of the most popular items include frozen burgers, up to 90 per cent off frozen fish, which is up by a whopping 60%.

Frozen ice cream is up by 30% and ice creams are selling by an even faster pace, while frozen treats also have seen a 30% rise. Children are keeping their cool in the frozen aisle by looking up 30% and it seems shoppers are seeking the extra bit of fun by buying ice cream bars instead of by the bar.

*Outside Christmas and Easter)

How to enjoy a fruity summer



important, gives the anti-oxidant action of vitamin C and A - which protect body tissues from aging and from too much sun - as well as abundant liquids and the presence of several vitamins for through perspiration.

Apples, for example, are an excellent source of

PEACHES and nectarines, plums, apricots and plenty more! Summer offers us a huge range of fruit which is good for us, thanks to their low-calorie content and high water content and especially the antioxidants they contain.

And plenty of advice is at hand to help us make the most of summer fruit, in the shape of Mr and Mrs Frumkin, the two supermodels created as part of the 'Fruitopia' campaign, based at young people in Germany, the UK, Sweden, Denmark and Poland.

In recent years, Northern European nations have shown a trend to eat only refined food and vegetable consumption, with neither nation achieving the recommended average daily dose of 30g summer produce. During the summer, the positive effects of fruit are even more

helpful as they are a source of vitamin A and are also rich in potassium and magnesium. Peaches and nectarines are rich in fibre, and are also great for healthy heart-protecting, given their high water content. The slightly more bitter taste of plums brings with it a concentration of antioxidants called resveratrol. All these summer fruits can be easily served anywhere and at any time of the day, or else can be used to make deliciously refreshing fruit drinks, milk shakes or fruit salads.

The 'Fruitopia' campaign's message is carrying out a mouth of summer this summer, all aimed at making European consumers more aware of the benefits of fruit consumption and a healthy end to the season.

All kinds of advice and information recipes are available on the nutritional website from the UK.



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Brain Gym

No. 126

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letters to the right of the word grid to fill in the grid.



Last week's solution



Wordsquare



New words:

10 words - average
20 words - good
30 words - very good
40 words - excellent

Last week's solution

10 words - average
20 words - good
30 words - very good
40 words - excellent

Sudoku

Fill in the grid so that each row, column and each of the 3x3 boxes contains the digits from 1 to 9.



Last week's solution



Double Crossword

Choose either quick or cryptic clues

Cryptic Clues:

- Across**
1. High cultured (5)
 2. Notably (5)
 3. Everything (5)
 4. All new for (5)
 5. Ancient (5)
 6. Potentially (5)
 7. Notionally (5)
 8. A little (5)
 9. A little (5)
 10. A little (5)
 11. A little (5)
 12. A little (5)
 13. A little (5)
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 26. A little (5)
- Down**
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 24. A little (5)
 25. A little (5)
 26. A little (5)



Quick Clues:

Across

1. A little (5)
2. A little (5)
3. A little (5)
4. A little (5)
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25. A little (5)
26. A little (5)

Circlegram

Recreate the grid with words. A letter can be used in more than one word. The words are listed in the grid and the letters are represented by the numbers in the grid.

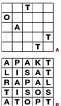


Last week's solution

The letter represented by the number 1 is the letter A. The letter represented by the number 2 is the letter B. The letter represented by the number 3 is the letter C. The letter represented by the number 4 is the letter D. The letter represented by the number 5 is the letter E. The letter represented by the number 6 is the letter F. The letter represented by the number 7 is the letter G. The letter represented by the number 8 is the letter H. The letter represented by the number 9 is the letter I. The letter represented by the number 10 is the letter J. The letter represented by the number 11 is the letter K. The letter represented by the number 12 is the letter L. The letter represented by the number 13 is the letter M. The letter represented by the number 14 is the letter N. The letter represented by the number 15 is the letter O. The letter represented by the number 16 is the letter P. The letter represented by the number 17 is the letter Q. The letter represented by the number 18 is the letter R. The letter represented by the number 19 is the letter S. The letter represented by the number 20 is the letter T. The letter represented by the number 21 is the letter U. The letter represented by the number 22 is the letter V. The letter represented by the number 23 is the letter W. The letter represented by the number 24 is the letter X. The letter represented by the number 25 is the letter Y. The letter represented by the number 26 is the letter Z.

Alphamuddle

Arrange the letters in the grid to make 10 words that each contain and contain the letters in the grid.



Last week's solution

The letter represented by the number 1 is the letter A. The letter represented by the number 2 is the letter B. The letter represented by the number 3 is the letter C. The letter represented by the number 4 is the letter D. The letter represented by the number 5 is the letter E. The letter represented by the number 6 is the letter F. The letter represented by the number 7 is the letter G. The letter represented by the number 8 is the letter H. The letter represented by the number 9 is the letter I. The letter represented by the number 10 is the letter J. The letter represented by the number 11 is the letter K. The letter represented by the number 12 is the letter L. The letter represented by the number 13 is the letter M. The letter represented by the number 14 is the letter N. The letter represented by the number 15 is the letter O. The letter represented by the number 16 is the letter P. The letter represented by the number 17 is the letter Q. The letter represented by the number 18 is the letter R. The letter represented by the number 19 is the letter S. The letter represented by the number 20 is the letter T. The letter represented by the number 21 is the letter U. The letter represented by the number 22 is the letter V. The letter represented by the number 23 is the letter W. The letter represented by the number 24 is the letter X. The letter represented by the number 25 is the letter Y. The letter represented by the number 26 is the letter Z.

Chichester
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The UK's top ten home improvements revealed

COMPARISON are warning that improving instead of mending is the way not to waste their home resources.

Installing a new kitchen is the most popular home renovation around and in the last three years and the top improvement planned for the future as well, new research reveals today that 4% of homeowners who undertook major home improvements in the last three years also confirm that home renovation is the change they had made, generally overlooking their home resources.

The home improvement research, commissioned by comparison website GoCompare.com, found that the top to renovate properties and only updating kitchens and bathrooms, heating or extension, and garden makeover.

Top 10 home improvements - Carried out in last three years. Planned improvements in future three years

- New kitchen 28% up
- New bathroom 21% up
- New loft or or roofed garage 20% up
- Extension 18% up
- Garden makeover 16% up
- Roof through room 12% up
- Small water ponds 10% up
- Attic extension 6% up
- Add in extra bedrooms 4% up

• Colours extension 2% up

Comparison.com's latest website update, Mark Greening, commented: "Undergoing a home renovation or extension not only helps to improve or increase your property and, but can add to the value of your property and your future and savings. For example, new kitchen cabinets and worktops are usually installed around a new cooker and other domestic appliances, increasing both the value of the property including costs and household costs. So, whether you are planning an extension, installing a new kitchen or other major renovation, you should consider your home owner before you start work so that you can renew your own assets and make sure your place does not become your own."

Mark Greening explained: "Building renovation covers the cost of damage to the structure of your home, including permanent fixtures and fittings such as built-in kitchen and bathroom units, from water pipes, drains such as fire or flood. However, it is only based on the cost of rebuilding the structure of your property, so your owner will want to know about any renovations which affect the value of your home. In addition to thinking about the cost of your renovation, you should consider whether you can improve your home's security. Most owners after



demands for properties fitted with good quality doors and window locks and burglar alarms.

"When updating your home, it is likely that you'll invest in new furniture and furnishings, particularly considering the value of your household contents, so you should speak to your insurer to make sure that you have adequate cover for your new possessions."

Mark Greening continued: "If you are planning extensive renovations and are thinking of moving out while the work is in progress, you need to be aware of your insurer's rules regarding unoccupied properties. Most household contents policies stipulate that if you leave your home unoccupied for a period of time, typically

exceeding 30 or 60 days, then your property will not be covered for certain events including theft, malicious damage and escape of water. There is a standard definition of 'occupied' and the time period on some policies is as short as 14 days, so if you plan to move out during refurbishment works, then it is essential that you talk to your insurer to make sure you understand the implications.

"If you are employing tradesmen to undertake the work for you, check that they are qualified to carry out the work and registered with a recognised governing body. Most home contents policies do not cover tradesmen or their work, so you should also check that they have their own insurance in place."

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Pick up in house price growth continued in June

UK house price growth continued to gather momentum in June, rising by 0.6% over the month, according to the Nationwide House Price Index. The annual rate of house price growth increased to 1.6% in June – the fastest pace since September 2010.

Commenting on the figures, Robert Gardner, Nationwide's Chief Economist, said: "A number of factors are likely to be contributing to the recent acceleration. Demand for homes has been supported by further modest cuts in mortgage rates, as well as an improvement in the availability and a reduction in the cost of credit, partly as a result of policy measures, such as the Funding for Lending Scheme. Signs of a modest improvement in wider economic conditions may also be playing a role in boosting buyer sentiment."

At the same time, there are few signs that the supply of housing is improving significantly. Indeed, construction data point to a further decline in building activity in recent quarters from already depressed levels. For example, in Q1, new planning completions in England were down 6% compared with the same period of 2010 and annual 40% below the average number of quarterly completions in 2007.

The price of a typical house now lies at £175,000 in Q1 2011, after allowing for seasonal effects. Prices were up 1.4% compared with



the same quarter for previous year.

London was again the top performing region, with prices up 5.6% compared with Q1 2011. London has seen the greatest recovery in price of any region, and prices are now 6% above their 2007 peak in April 2007.

"However, a softening in annual price growth from 2.6% in Q1 to 1.6% followed continued to see price falls, with prices down 1.6% year-on-year. Northern Ireland topped Scotland as the worst performing region, with prices down 2.6% compared with Q1 2011."

Across the English regions, the South of England and the Midlands continued to outperform the North of England. Outside of London, East Angles was the strongest performing region, with annual price growth of 3.6%, whilst Yorkshire & the Humber was the weakest English region, with prices down 2.6% over the year.

Spain overtakes France for mortgage enquiries in May

THE SPANISH property market has had a turbulent few years, despite initially just appearing that Spanish buyers are abandoning their love affair with the country, according to Coreix, the overseas mortgage specialist. In May alone, Spain accounted for 43 per cent of enquiries received by the company, overtaking France, which accounted for 39 per cent of enquiries, for the first time in a year.

With lenders such as Lloyds predicting that Spanish property prices have another eight per cent to go before bottoming out, buyers are taking the opportunity to snap up bargains from some very motivated vendors. It also helps that Spain offers cheap and easy access from the UK, good travel opportunities and much better weather than the UK.

According to data from the General Council of Notaries, the number of foreign visitors visiting buyers of Spanish property increased by 61 per cent last year, compared with 2009, and the British are the biggest foreign group.

Efforts being made by regional estate agents and tourism boards to improve Spain's tarnished image are leading to a hope that increased foreign investment will eventually help to revive the country's property market. The market should also be bolstered when a new law granting



non-resident mortgages with EU citizens buying property worth at least €200,000 is passed.

Clare Harding, Director at Coreix, says: "There is no denying that the country's financial and economic woes have left a huge glut of new and unmortgaged properties sitting empty and struggling to sell, but some buyers are basing prices on housing trends, particularly those of the British, and there may never be a better time to buy a Spanish home."

"With its availability, attractiveness, and as good as it was a few years ago, but there are still lots of opportunities, especially if you have a flexible budget to get down. It's possible to borrow up to around 90 per cent of the value of the property, and rates normally start from just 3.5 per cent."

Coreix says it is aware of the buyers to look the right where and how through the same process that they would follow if they were buying a property in the UK.

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It's 'drivetime' again for ex-Chris Evans Mini

A MINI once owned by radio DJ and TV presenter Chris Evans is set to raise money for BBC Children in Need when it is auctioned at CarFun by Silverstone Auctions.

As well as having a silver-grey exterior, this tiny Austin fellow kit has been built to Cooper specifications and is estimated at just £10,000 to £15,000. It will go under the hammer at CarFun North on Sunday 26 August at Oulton Park, Cheshire.

Mark Nicks, managing director, Silverstone Auctions, said: "It's a lovely little car in its own right, but this 2004 Austin Mini has the added attraction of once being the pride and joy of household name Chris Evans."

He said that the celebrity status will add to its appeal, although the tiny run around will struggle to take to Chris on his popular broadcast radio show on their weekly work as it doesn't have a radio!

In 2009, the car was professionally restored by an employee at a local shop, so it was also presented at Kew. He found out the engine from a local to restore and make



a number of significant upgrades.

These included a new exhaust system, disc brakes, drysump system and an original Lanchester straight cut gearbox to convert it to a five. If that wasn't enough then there's also a large number of bills and receipts in the history file.

Meanwhile, Chris Evans himself has spoken very highly of the way it drives and how much he has enjoyed driving it.

More recently he has been involved in a temporary motorised garage by the current owner.

For more information about any of the lots being offered by Silverstone Auctions at both CarFun weekends, which also include CarFun South on 27th August at Silverstone Park Farm, visit www.silverstoneauctions.co.uk.

Chris Froome presented with unique Jaguar F-TYPE

To celebrate an outstanding second victory in the Tour de France, Jaguar rewarded race winner Chris Froome with a very special Jaguar F-TYPE sports car.

Jaguar has contributed to the success of Froome and Team Sky in 2012 through products of the Jaguar XF Sportbrake as the month's official support vehicle.

As part of the #JaguarFamouslysocial media campaign created by Jaguar, race winners are asked to tweet their own image of support via a specially designed hashtag, with selected photographs forming the basis of the 'Team Sky' fan meeting during the course of the car. In this case, the lovely yellow artwork then, also, in recognition of Team Sky's achievement. The design mimics the livery of the Team Sky Jaguar XF Sportbrake, which featured the design introduced by supporters during the final stages of the Tour at Paris on Sunday.

The victory marks a back to back success in the Tour for Team Sky, with Chris Froome becoming the second British rider to win the Yellow Jersey after the Bradley Wiggins in 2011.

Chris Froome commented: "Every



young cyclist dream of standing riding in the Tour de France, let alone winning it. I haven't done it alone though. Team Sky has a great set of partners, and I'd like to thank Jaguar for their brilliant support over the past four years. They've created a lot of time and opportunity into designing the XF Sportbrake, which is the perfect race support car for us. It has been crucial to keeping the team on the road throughout the competition."

David Steele, Jaguar Global Brand Experience Director commented: "It is an absolute pleasure to once again celebrate a Tour de France victory with Team Sky. Being part of the story is a great privilege for everyone at Jaguar. We congratulate the Team and wish Chris Froome well every mile on his way to victory. We congratulate the Team and wish Chris Froome well every mile on his way to victory. We congratulate the Team and wish Chris Froome well every mile on his way to victory."

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Goodwood strengthens reputation as centre of excellence

COOPHOOD 2 reputation for the highest standards in golf tourism has attracted some of the best junior talent thus women in racing and Mexico Pro's became the English Open Under 25, and all National Champions women the International Tour.

The 15-year-old who already plays off plus three finished the four round event one under par missing by three shots to take the trophy and join an illustrious Hall of Honour that includes US Open Champions Justin Foxe, who Blanco imitated for on a recent visit to Gorsewood.

This is the fourth title won for the Northumbria based amateur boxer who is coached by Goodwood's Head Professional and England BGT Regional Coach Ryan Fawcett. Merit-commended.

"It's been a great year for me so far. But this is big. It's a national title and follows up with the Furber. I had a lesson on Saturday with Ryan Furber at Goodwood after last week's European Super Tour. Championships which has really made a difference."

That week, Matsui flew to Germany as one of four elite British players to



PLATE 10 *Left: Lateral view; Right: Ventral view.*

competes in the European Young Masters at Hamburger Golf Club from July 19th until 21st. This is a 54-hole play event with a Robert Cup over the first two rounds.

Cardno's prime development properties has gathered momentum throughout 2003 with Ryan Ferreck being appointed both Western Fyfe and Telfer creek, as well as creating Leisa Ferreck.

Two players Hannah Kell and Anna Scott
Anna competes in the European Masters
later this week at The Bedlamers.

Under Ryan's guidance the long term plan is to expand the growing smiling roof and develop a long term ongo programme for young players covering technical, physical, mental and lifestyle skills.

Cricket

Chi hit by Sussex's Joe

PRIME TIME
Preston Homade is looking for someone to raise their Super League title after a crushing two-wicket loss at Chelmsford. It took Preston Homade just 155 overs to bowl out Chelmsford for only \$2 at Peary Park with only three run-outs from top-order Chris Kellison who made 19. Sam's Joe Cutting then let 45th Homade crossed to full points of 10 without loss.

Midleton pulled no punches clear of the bottom two with seven wicket home-run against Pulkborough who they bowled out for 22-as Glenn Housden took 4/12. In reply they blazed hit ground and Turner struck out to take Midleton on up for 3

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Calligobius extended around a water
can with a 2 cm x 1 m. They made eggs
with *Dianthus* *Mitropoulos* 1961.
Scott Simons 1961 and Taky Lander 1961
amongst flowers. (See Taky Lander 1961
for *Arachid*, *Red Cherry* 1961. To reply
Arachid movement to the best being
located out for 1961. In *Niklaus* taking
1961.

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